

HANDOUTS:

Pre-Cut vs. Bulk

Carrot Sticks Pre-Cut

Approx. \$1.75/lb.
7.5 - ½ cup servings/lb.
.23 cents per serving

.23 cents

Bulk Carrots

Approx. .55 cents/lb.
5 - ½ cup servings/lb.
.11 cents per serving
.10 cents Labor (see below*)

.21 cents per serving

Vs.

*Labor:

\$10/hour

\$ 1/hour (10% taxes)

\$ 9/hour (Health Insurance; Based on cost of
\$10,000/yr. for a 6hr./day employee)

\$20/hour

Productivity: 100 ½ cup carrot stick portions in 30 minutes

\$10 divided by 100 = .10 cents per portion for labor

NOTE: *You will need to insert your produce prices, labor rates and productivity to determine actual costs for your specific school operation. You then can evaluate the pros & cons of purchasing pre-cut produce.*

Variety!

Offer Less Expensive Produce with More Costly Items!

Offer Small Portions of More Expensive Items, Such as a ¼ cup.

Example:

- **Bulk Carrots cut into Sticks at \$.55/lb.**

Yield: 10 each ¼ cup servings/lb.

Cost: .055 cents per ¼ cup (not including labor)

- **Pre-cut Broccoli Florets at \$2.00/lb.**

Yield: 28 each ¼ cup servings/lb.

Cost: .07 cents per ¼ cup

- **Serve ¼ cup of Carrots & a ¼ cup of Broccoli Together in ½ cup Soufflé Container**
.125 cents per serving

NOTE: All yields taken from *USDA Food Buying Guide for Child Nutrition Programs*, 11/01